

Arresting Destruction: Recovery From Alcoholism - Martin Noel-buxton

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Far too little is known about alcoholism and recovery from it. Binge drinking and a myriad other related alcohol problems are rampant. While a few of us know the differences between alcoholism and alcohol abuse, we have all seen the harmful effects of alcoholism and alcohol abuse. Beyond the damage they do to themselves, heavy drinkers adversely affect their families, friends and work colleagues. The demands on social and health care services are seriously underestimated. Martin Noel-Buxton is himself an alcoholic in recovery. Reflecting on his own experience, he addresses the processes of change that can bring about recovery and points to a new quality of life in recovery. Martin discusses the vital differences between alcohol abuse and alcoholism, Alcoholics Anonymous and its notion of spirituality, and considers the effectiveness of talk therapies and other approaches to recovery. The book illustrates how the individual alcoholic recovers from alcoholism and explores the experience of those who become alcoholic and who then find recovery. It covers treatment, relapse and what works in bringing about and supporting recovery. The author explains that recovery is far more than just stopping drinking and he describes the complex processes of living life beyond uncontrollable alcohol dependency. The book will prove invaluable reading for individuals faced with confronting alcohol problems, their friends and relations, their work colleagues, health care professionals and those responsible for service provision and policy development. It will be helpful to those interested in addiction issues and in alcoholism in particular. Author: Noel-Buxton, Martin Publisher: Trafford Publishing Illustration: N Language: ENG Title: Arresting Destruction: Recovery from Alcoholism Pages: 00000 (Encrypted PDF) On Sale: 2010-04-19 SKU-13/ISBN: 9781426931307 Category: Self-Help : Substance Abuse & Addictions - Alcoholism

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